

Ten Vitamin Supplements That Help Solve Heart Health Puzzle

Unfortunately, the majority of people do not get the adequate amount of nutrients needed each day supplied through their diet. Additionally, medications that treat cardiovascular concerns can deplete nutrients. Whether consumers are looking to reduce heart disease risk or to treat an existing condition, certain herbs and supplements can make a great difference. The following are the top ten supplement picks for the heart.

Coenzyme Q10 has been shown in many studies to treat congestive heart failure and heart arrhythmias. It has also proven to lower blood pressure and prevent oxidation of bad cholesterol. This supplement is best for anyone, especially those with higher heart disease risk. Those people without symptoms should take 50 to 100 milligrams a day, while those people who are taking a statin-class drug or have cardiac symptoms can safely take 100 to 200 milligrams per day.

Fish oil has been proven to reduce blood triglycerides, as well as prevent platelets from getting too sticky, which allows blood to flow freely through the arteries. Another benefit of fish oil is that it mildly lowers blood pressure. Everyone can use this supplement and should take about 1000 to 2000 milligrams daily. If you have heart problems, the dosage can be upped to 2000 to 4000 milligrams each day.

Studies have shown that extracts of hawthorn berries help to lower blood pressure, improve blood flow, and treat congestive heart failure. This extract is excellent for those with poor circulation or mild to moderate high blood pressure. Taking 100-300 milligrams of a standardized hawthorn extract two to three times a day will provide the best results.

Garlic is known for its ability to lower blood pressure. However, garlic has also been found to stop plaque growth and also shrink the buildup. This supplement should be used as a second step to other herbs as high doses can irritate stomachs. A supplement containing 10-20 milligrams of allicin (garlic's active ingredient) will be an adequate amount to do the job.

D-ribose is a unique form of sugar that is the building block to the fuel that powers the body's cells. D-ribose helps improve heart function after a heart attack and should be used by those at risk for congestive heart failure. Dosages of 1000 to 3000 milligrams are adequate to help boost energy and heart function.

Niacin is a B vitamin that lowers LDL cholesterol, raises HDL cholesterol, and lowers lipoprotein. It is best for those people with multiple heart problems. To treat high cholesterol, doses of 500, 750, and 1000 milligrams are the best option. Look for a flush free form of niacin for regular niacin can cause a flushing effect which can be uncomfortable to some individuals.

L-Carnitine is a naturally occurring amino acid that is found in dairy and red meat. It is great for those recovering from a heart attack and those with fatigue and muscle weakness. Clinical studies have shown that L-Carnitine is able to increase your chances of surviving a heart attack and improves recovery after a cardiac event. The standard dosage for this supplement is usually 500 milligrams once or twice daily.

Magnesium is a common mineral that helps relax muscles and regulate blood pressure. Everyone should supplement with 400 to 600 milligrams daily of magnesium, as magnesium deficiency is very common in American diets.

Pomegranate juice is rich in antioxidants that not lower blood pressure, but also prevents LDL cholesterol from oxidizing. Another small study concluded that pomegranate juice improves blood flow to the heart. It is best if individuals with known heart disease take about eight ounces daily of this juice.

Taurine is still in need of a great deal of research to determine all of its beneficial effects. However, it is known that those with reduced blood flow to the heart have low taurine concentrations in their blood. It helps those people with congestive heart failure and arrhythmias. Since dosage depends on each patient individually, be sure to consult your doctor before use.

These and many other supplements are good to help improve quality of life. None of the above mentioned supplements have any side effects. Always consult your physician before adding vitamin supplements when taking prescription drugs to prevent drug interactions.

About the Author

More information on [vitamin supplements](http://vitametonline.com/) can be found at VitaNet, LLC Health Food Store. <http://vitametonline.com/>

